

(TMI Newsletter - January 16, 2013)

TMI WELCOMES JAMES LANE, PhD, AS RESEARCH DIRECTOR



Like many people, Jim Lane read ***Journeys Out of the Body*** in the 1970s, not realizing it was altering the course of his life.

At the time he was a psychology graduate student at the University of California, Los Angeles. As Bob Monroe published each subsequent book, Jim snapped it up. When in 1979 he moved to North Carolina, Jim expected one day to drive up to Virginia and introduce himself to Bob.

By the time Jim made his first visit to TMI Bob had already died. Nevertheless the nature of The Monroe Institute's work continued to compel him. When a premed undergrad student of Jim's, Stefan Kasian, interned with complementary and alternative medicine researcher Justine Owens, Jim collaborated with them on his first binaural study at the Duke University lab. Skip Atwater assisted from the TMI side and in 1998 the research team published "*Binaural auditory beats affect vigilance performance and mood*" in *Physiology & Behavior* [Lane, J.D., Kasian, S.J., Owens, J., and Marsh, G.] **(See the complete article in this file)**

On completion of the research project Jim's connection with TMI deepened. He presented the paper at the Professional Seminar and joined the Professional Division in 2000. Soon after, he attended several residential programs in Virginia. Always interested in research projects pertaining to the health applications of TMI technologies, Jim encouraged Duke colleagues to participate with him and submitted grant applications to the National Institutes of Health.

When Eben Alexander, MD, vacated the research director position Jim Lane graciously accepted it. His vision of the role includes developing TMI's research portfolio, encouraging and supporting people worldwide to conduct research using our tools and technologies, and establishing TMI as the focal point, the hub - the authority - in the application of binaural stimulation technologies.

Jim's vision further includes **three fundamental categories of research**:

1. qualitative studies of participants' experiences in programs, with different states of consciousness, and consciousness-related phenomena;
2. quantitative studies of the basic effects of binaural stimulation on the mind and body; and
3. clinical applications of these technologies to improve health and well-being.

As professor of medical psychology and behavioral medicine, Department of Psychiatry and Behavioral Sciences, Duke University Medical Center in North Carolina, Jim will serve as our research director from his North Carolina address.

The Monroe Institute is honored to welcome James D. Lane, PhD, to the TMI team. We eagerly anticipate working with Jim toward the fulfillment of his vision. We cannot agree more when he says, "Everyone who's been involved with TMI knows the power of these technologies. We hope that recognition of this fact will broaden throughout the world as we continue to get it out there - more and farther - as Robert Monroe asked."